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For Immediate Release

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Balmoral Resumes Drilling of Martiniere Gold System, Detour Gold Trend Project, Quebec

- **Updates Progress of Grasset Ni-Cu-PGE Drill Program**

(Vancouver, July 8, 2014) - Balmoral Resources Ltd. (TSX:BAR; OTCQX:BALMF) ("**Balmoral**" or the "**Company**") announced today that drilling has resumed on the Company's wholly owned Martiniere Gold Project located along the Detour Gold Trend in Central Quebec. Drilling at Martiniere will initially focus on further testing of the southern segment of the Bug Lake Gold Zone following the success of the winter 2014 drill program in this area. This will be followed by further testing/infill drilling of the northern segment of the Bug Lake Zone which returned numerous strong intercepts including **1,138 g/t gold over 4.38 metres in the most recently completed phase of drilling** (see NR14-10; May 12, 2014).

"With drilling now underway at Martiniere our shareholders have results from two of the more exciting exploration projects in Canada to look forward to over the weeks and months ahead" said Darin Wagner, President and CEO of Balmoral. "As well we have plans to drill test two or three new targets within our 700 square kilometre Detour Gold Trend Project this summer, including one of the most promising gold targets we have identified to date."

GRASSET DRILLING UPDATE

Eight diamond drill holes have now been completed on the wholly owned Grasset Ni-Cu-PGE property to follow-up the discovery of high-grade nickel-copper-PGE mineralization within the Grasset Ultramafic Complex. Drill hole GR-14-25, the first hole to test Horizon 3 of the Complex, returned a **45.28 metre interval which graded 1.79% Ni, 0.19% Cu, 0.42 g/t Pt and 1.04 g/t Pd** (see NR-14-11, May 20, 2014). The high-grade nickel-copper-PGE mineralization in hole GR-14-25 is associated with a broad zone of "net textured" sulphides surrounded by a broader halo of disseminated sulphide mineralization.

All eight holes completed to date have intersected broad intervals of sulphide mineralization along the projected extension of Horizon 3, the principal target of the current drill campaign. Seven of the eight holes have intersected net textured sulphide intervals along the Horizon, with the eighth returning heavily disseminated sulphides.

Samples from six of the first eight holes have now been delivered to ALS-Chemex in Val d'Or, Quebec for analysis. Initial results are expected within the next 4-5 weeks. An additional 4-5 holes are planned prior to a short break in drilling to allow for additional borehole geophysical work to be completed.

Mr. Darin Wagner (P.Geo.), President and CEO of the Company, is the non-independent qualified person who has approved the scientific and technical information contained in this news release. Mr. Wagner has supervised the work programs on the Martiniere and Grasset Properties since their inception, visited

the properties on multiple occasions, has examined the drill core from the holes summarized in this release, reviewed the results with senior on-site geological staff and reviewed the available analytical and quality control results.

About Balmoral Resources Ltd. - www.balmoralresources.com

Balmoral is a Canadian-based discovery company focused on high-grade gold and nickel discoveries on its wholly owned, 700 square kilometre Detour Trend Project in Quebec, Canada. With a philosophy of creating value through the drill bit and a focus on proven productive precious/base metal belts, Balmoral is following an established formula with a goal of maximizing shareholder value through discovery and definition of high-grade, Canadian gold and base metal assets.

On behalf of the board of directors of
BALMORAL RESOURCES LTD.

“Darin Wagner”

President and CEO

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